























DOWNTOWN GROUP FITNESS SCHEDULE

CHECK OUT OUR SCHEDULE ONLINE AT WWW.RIDGEATHLETIC.COM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		**6:00-6:45 AM EARLY RIDE CYCLE BURN Martin		**6:00-6:45 AM EARLY RIDE CYCLE BURN Martin		
		7:00-8:00 AM MULTI-LEVEL YOGA Martin		7:00-8:00 AM MULTI-LEVEL YOGA Martin		**8:30-9:30  Elaine
	8:30-9:30 MULTI-LEVEL STEP Elaine	**8:30-9:30  Amy	8:30-9:20  Christine	**8:30-9:30  Amy	8:30-9:15  Lauren	9:40-10:10  Jodi
	9:45-10:45 MULTI-LEVEL YOGA Tanya		9:45-10:45 GENTLE YOGA Bethanie	9:45-10:45 MULTI-LEVEL YOGA Jen	9:45-10:45 LEVEL 1 YOGA Tanya	
	11:00-11:50 PEAK ALIGNMENT Lauren			9:45-10:45 MULTI-LEVEL YOGA Jen	11:00-11:50 PEAK ALIGNMENT Lauren	
	12:00-12:30  Elaine	**12:00-1:00  Elaine	12:00-12:30 HIIT Jenny	**12:00-1:00  Byrdeen	**12:00-12:30  Stacy	
	12:30-1:00  Peggy		12:30-1:00  Jenny		12:30-1:00  Lauren	
**3:00-4:00  Peggy	4:45-5:15  Dani	**4:30-5:15  Ruth		4:30-5:30 MULTI-LEVEL YOGA Becky		
	**5:30-6:30  Jessie	**5:30-6:00  Jenny	**5:30-6:30  Jessie	**5:45-6:45  Drew		

****SIGN UP REQUIRED FOR ALL CYCLE AND BODY PUMP CLASSES****
 5:45/6:00 am class sign-up is 12 hours prior online, 2 hours prior in-house
 All other classes 3 hours prior online, 2 hours prior in-house

HOURS:

The Ridge – 4181 Fallon Ave. 586-1737
 Monday-Thursday: 5:15 am – 10:00 pm
 Friday: 5:15 am – 9:00 pm
 Saturday & Sunday: 7:00 am – 8:00 pm

The Ridge Downtown – 111 E. Mendenhall 586-0077
 Monday-Thursday: 5:30 am – 9:00 pm
 Friday 5:30 am – 8:00 pm
 Saturday: 8:00 am – 7:00 pm/Sunday: 12:00 pm – 7:00 pm

**Effective August 1, 2019